

**Here Are Some Healthy
Ways To Lower the Fat
In Your Recipes:**

FROM:	TO:
1 whole egg	2 egg whites or 1/4 cup egg substitute
1 cup shortening	3/4 cup vegetable oil
whole milk	fat-free/low-fat milk
sour cream	fat-free plain yogurt or fat-free sour cream
regular cheese	reduced fat or fat-free cheese
regular salad dressing	reduced fat or fat-free salad dressing
10 oz. (1 square) baking chocolate	3 Tbsp cocoa plus 1 Tbsp vegetable oil
tuna canned in oil	tuna canned in water
ground beef or pork	ground turkey or chicken
regular mayonnaise	reduced fat or fat-free mayonnaise or fat-free plain yogurt

**Use This Space To
Change Your Favorite Recipe:**



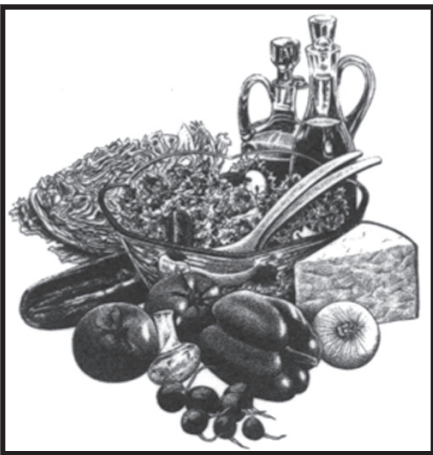
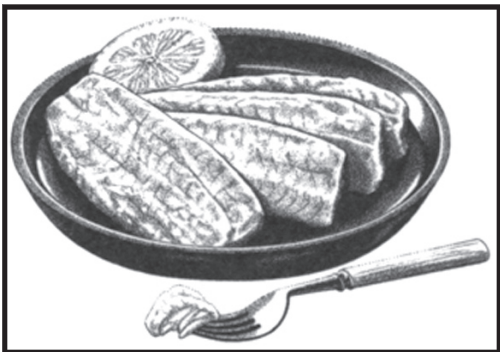
**Cooking
for
Health**

**Make Your Recipes Lower in Fat, Salt,
and Sugar and Higher in Fiber**



To Lower Fat:

- Microwave, steam, braise, stir-fry, broil, grill, roast, bake, boil, stew or poach foods.
- Avoid frying. Stir-fry in water, juice, or wine instead of butter or oil.
- Use nonstick pans and vegetable oil sprays.
- Make cream soups with fat-free milk, fresh celery, mushrooms, chicken and low-fat cheese.
- Trim fat from meat and take the skin off chicken and turkey before cooking.
- Choose lean meats, chicken and fish.
- Use 1/2 cup of applesauce in place of 1/2 cup of oil when baking muffins, cakes, or pancakes.

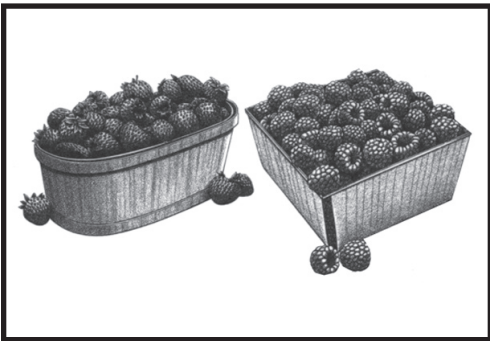


To Lower Salt:

- Use less salt in recipes or don't use it at all.
- Avoid MSG.
- Season with herbs; spices; lemon juice; fat-free low sodium broth; vinegar or fruit juice rather than salt.
- Use spices in powder form rather than salt form. Examples: garlic powder instead of garlic salt and onion powder instead of onion salt.
- Rinse canned vegetables with water.

To Lower Sugar:

- Reduce the amount of sugar in recipes by using 1/4 to 1/2 of the amount indicated.
- Buy fruits packed in their own juices.
- Drink unsweetened coffee and tea.



Make These Changes To Increase Fiber:

FROM:	TO:
canned fruit	fresh fruits
canned vegetables	fresh vegetables
white rice	brown rice
1 cup all-purpose flour	1 cup whole wheat or 1/2 cup all-purpose plus 1/2 cup whole wheat flour